



Anger Management

By Swati Y. Bhavé and Sunil Saini

Sage Publications, New Delhi, India, 2009. Paperback. Book Condition: New. First Edition. Anger management is a term that connects to us instantly since it talks about the commonest emotion that we encounter in the present time, both within and without: anger. Laying out a host of effective tips to manage anger, this book comes with the power to change things for the better. The key features of the book are: " The explanation of the confusing emotion of anger in simple terms, including the physiology of anger and its deleterious effects; alongside, it also shows how anger varies with age group, gender etc. " Discussions on detail anger management techniques for individuals, for family, and at school and workplace. " Elaboration of easy tips to master anger where there is chronic anger and unhappiness translating into negative human behavior like adolescents falling in abusive love relationships, dating violence, date rape, drug abuse, driving aggression, robbery, gambling, suicidal ideation, sensation seeking and other impulse control behaviors. " Delineation of A to Z tips for self management of anger. " Discussion on how people can reconstruct their negative thoughts, feelings and behaviors and emphasis on therapeutic intervention for serious anger problems. This...



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Reviews

It is simple in read easier to understand. I am quite late in start reading this one, but better then never. Its been designed in an exceptionally easy way in fact it is just following i finished reading through this publication where basically transformed me, alter the way i really believe.

-- **Ms. Christy Ondricka DDS**

I just started looking over this ebook. It is actually rally fascinating through reading period of time. You wont really feel monotony at anytime of your time (that's what catalogues are for about when you request me).

-- **Miss Naomie Kohler PhD**